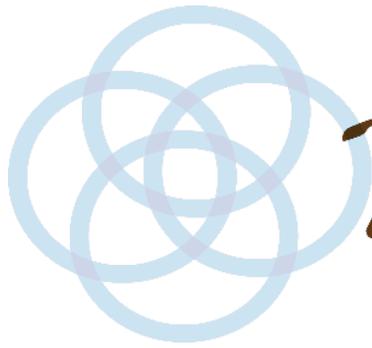




TRANSITION QUESTIONS

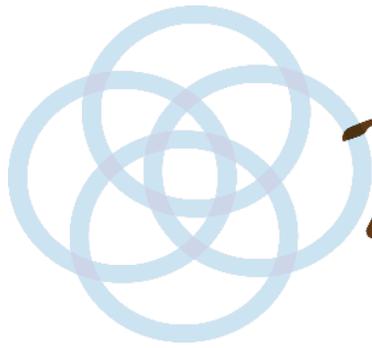
- 1. Where am I?** – When on the verge of a major transition, you'll find yourself standing at a crossroads taking an honest look at where you are. You will review goals and identify desires of wanting to be in a different place. You often feel like you don't know anything and this is the moment when we begin to evaluate every area of our lives: where we are emotionally, physically, financially, relationally and most importantly spiritually. At a crossroads is where we ask more questions than have answers. And for leaders that can be a very scary place. It may be helpful to hire a good coach that is trained to be objective and to ask questions that will reveal the answers you already have inside. You need a trained coach to help you uncover, discover, challenge and walk alongside you.
- 2. What is my 'Why'?** – Here your goal is to discover your passion, vision, and purpose. The 'why' can be extremely empowering because it gives us insight into the meaning behind our existence. It is the motivation that keeps us moving even when the transition season lasts longer than what we anticipated. Remember the old adage: One changes only when the pain of staying where you are is greater than the fear of moving forward. Keep your eye on the person who created your why- God!



Rita Mayell

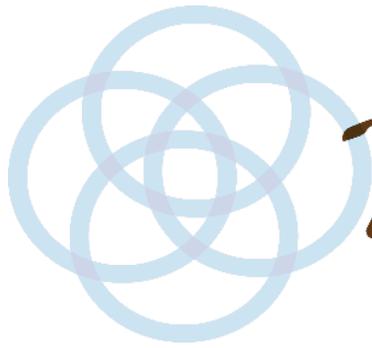
3. What do I want to leave behind? – At some point, we all need to let go of baggage that we carry. What is no longer serving you? These are the things, people, or places we need to release in order for transitions to be successful. Letting go provides us with the space we need to make real change and it makes room for the new. Remember the children Israel wanted to run back to Egypt. Truth is that until they could get Egypt and that slavery mentality out of their thinking, they could not move forward. Neither can we!

4. What are the opportunities and experiences from the past that I want to honor, hold sacred, and take with me? Not everything from our past is negative. In fact my experience proves that when we see our past as an integration of events that become my story, I can gain a new perspective to see my life from His eyes. I look back at my past and identify events as markers created by God rather than random events that have no purpose. This is when I can trace the hand of a loving God working on my behalf. Take some time to ask yourself questions about each major time in your life. What was significant? What did that tell me about myself? As a woman? As a daughter of God? What did I learn to believe? How did this event change me for the good or not? Looking back, how might I see this situation differently?



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- 5. How do I want to intentionally grow?** So many times during a transition we concentrate on trying to get out of it rather than leaning in and letting God shape us. Many transition experts will recommend that you pick an area in which to concentrate. My experience as well as my relationship with God reveals that often times in a valley, God is working on my inward character, healing me, redefining my insides and bringing me into a new depth of awareness of His love- presence. Why? To prepare, equip and strengthen my character for the next new thing He has already designated for me. The outside of my life takes a backseat during this season.
- 6. How am I going to get there?** – One step at a time in relationship with God. The moment I think I know where I am going, I hit a wall. This is the time in which God desires you to pursue Him, walk intimately together rather than you making plans and asking Him to bless them. Trust me, you will always move forward but moving forward to God may be silently resting in His provision, trusting and not doing any action. For leaders, this is the most trying time. We are doers. But in this season, God is bringing the balance of doing and being into our lives.
- 7. Who do I want by my side?** – Consider the relationships you have and ask yourself which ones will be useful to have by your side during this specific transition. Are there new relationships that will be needed? Finding a coach, for instance, can be an extremely valuable tool in helping you see your situation from a



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different perspective. It is important that you identify people who will encourage, challenge and are with you in this season, not just cheerleaders that stand a distance from you.

8. **Who do you want to become?** Wrong question! God has the plan already in place designed for you that will shape, mold you into the amazing one of a kind person He created from before the foundations of this world. You are His masterpiece.

***For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.
Ephesians 2:10 NLT***

Transitions are tough valleys, but when we have understanding as to their purpose, it shifts our perspective from running from into embracing and leaning into. We have the confidence it will not last forever and the timing of its end rests in a loving Heavenly Father's hands.